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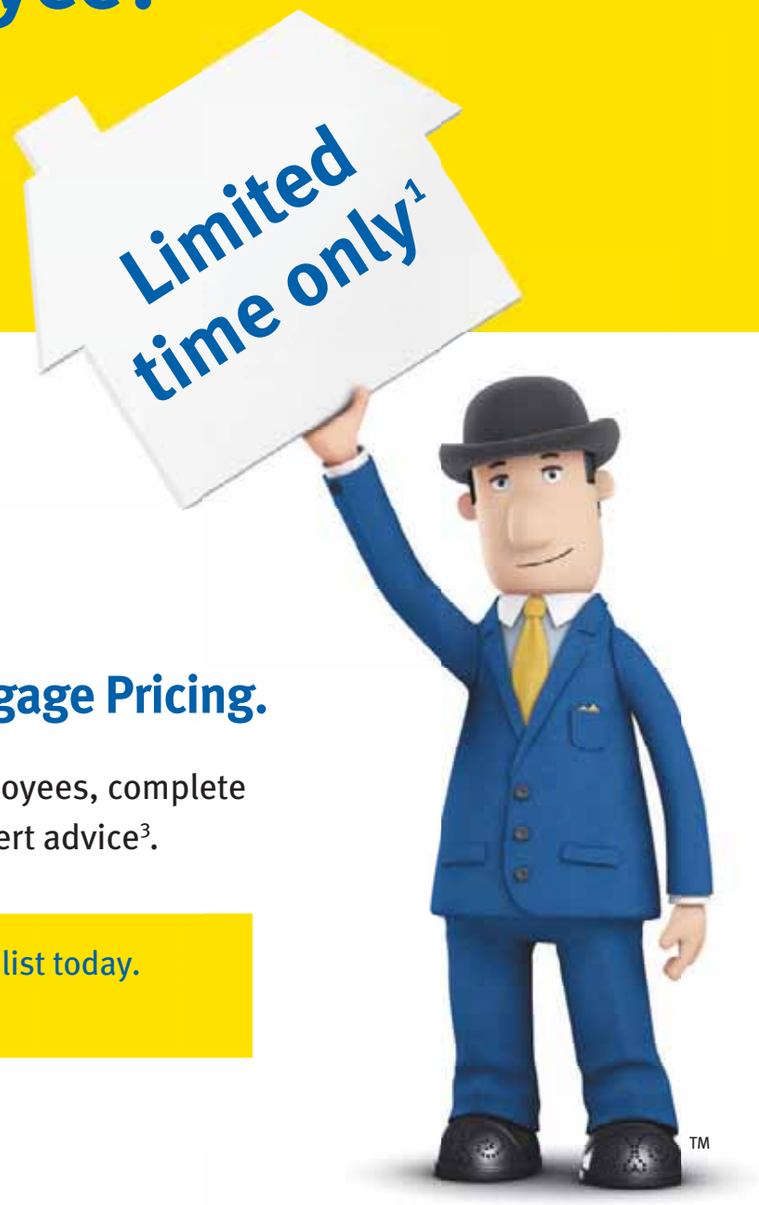

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16

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MISSION TO MARS

PART 2 OF OUR FEATURE ON A HUMAN EXPEDITION TO THE RED PLANET EXPLORES THE MINDS OF PEOPLE WHO WOULD WILLINGLY SAY BYE TO EARTH PAGES 8 & 9

Abductees sold into marriage, Nigerians hear

Mothers rage against lack of progress in rescue PAGE 10

Toronto's Rob Ford admits he needs help

Mayor to halt campaign in wake of new scandals PAGE 6

Sawmill suspect a former worker

Nanaimo workplace killing. Company halts operations, declines to say how ex-worker left

RCMP use a quadricopter to survey the scene at Western Forest Products mill in Nanaimo on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Workers at a waterfront sawmill in the quiet city of Nanaimo would have just been settling into their shifts Wednesday morning when the first sounds of gunfire erupted from the parking lot.

Within minutes, four employees were shot — two of them fatally — and a former colleague was under arrest, leaving co-workers and the community struggling to understand what could have prompted such violence.

RCMP said the shooting at a Western Forest Products sawmill happened shortly before 7 a.m. Police arrived within minutes of the first 911 call, RCMP said, and arrested a 47-year-old man who lives in the city and who the company identified as a former employee.

Four men were taken to hospital, one by air to Victoria and the rest to Nanaimo, where two were pronounced dead. The patient in Victoria was in critical condition late Wednesday, while the surviving victim in Nanaimo was listed as stable.

Supt. Mark Fisher said police believe the attack began in the parking lot and then moved into the mill's offices.

Fisher said a shotgun was seized at the scene and that police believe the shooter acted alone.

Don Demens, president of Western Forest Products, which is based in Vancouver, declined to reveal when the man left the company or under what circumstances.

Demens said the company was providing grief counsellors for its employees and all of the company's operations on Vancouver Island were closed for at least Wednesday out of respect for the victims.

Joe Kaila, 57, who works on one of the saws, heard a popping sound when he was in one of the company's parking lots Wednesday morning. He said he thought a propane tank may have exploded.

Kaila said he was a friend of one of the victims and knows of the alleged gunman but "nobody thought somebody was going to bring a gun here and start shooting."

At the mill, family members and workers, some in tears, gathered outside the gates to await news about their loved ones and lay flowers.

Charlie Gallagher, a shift supervisor at another Western Forest Products mill in nearby Ladysmith, said he wasn't sure whether he knew any of the victims but brought a bouquet all the same.

"Out of pure emotion, more than anything," said Gallagher when asked why he visited the mill.

"It's our colleagues and people we've worked in the industry with for a number of years. We may not have known them, but they work for our company and we owe them that."

THE CANADIAN PRESS

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Group behind 'hateful flyer' in Ontario now eyeing B.C.

Brace yourselves.
Immigration opponents 'most likely' to devise similar handouts for Richmond next

Is This Really What You Want?
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A flyer distributed in Brampton, Ont., is shown in this recent handout video image. CBC/THE CANADIAN PRESS

The B.C. group responsible for distributing what Ontario's premier called a "hateful flyer" is planning to distribute similar flyers in the Vancouver area, likely starting in Richmond.

The original flyer found in Brampton, Ont., showed a black-and-white photograph of white people above a second photo of a group of Sikhs with a captions that read, "From this ... to this ..."

Underneath the two pictures was the caption, "Is this really what you want?'

Dan Murray, a retired Vancouver teacher and now a spokesperson for Immigration Watch Canada, said his group is not inciting hate or racism but trying to create awareness of the "impact" immigrants have on Canada.

"We're going to be meeting in the next week or so about a number of things we're thinking of doing, then we're doing to decide together what to do," Murray said. "We'll go ahead and I think you'll hear about it."

Murray said the group would "most likely" be targeting Richmond next, but that doesn't mean there won't be other targets in different parts of the Lower Mainland.

Ultimately, he said, the IWC would like to see immigration virtually stop and refugee status granted much more stringently.

"You've got one-and-a-half million at least unemployed," he said. "What's wrong with just going down to practically nothing and keeping that in place until there really is a need for immigration?"

EmbraceBC, a group that provides resources and tools to help citizens further understand the importance of diversity, said it will be working hard to address racism to ensure B.C. is a safe, welcoming place to be.

"Canada is often referred to as a land of immigrants, as millions of newcomers have settled here and have helped to build our nation," it said in an emailed statement.

"We maintain a social responsibility to promote tolerance in our schools, in our workplace, in our homes and throughout our society."

Richmond Mayor Malcolm Brodie did not wish to comment until this went beyond a hypothetical situation.

SAM SMITH/FOR METRO

Concern arises over changes to Kitsilano clinic

A woman walks past the Pine Free Community Health clinic on Wednesday. MATT DESOUZA/FOR METRO

For 40 years, the Pine Free Community Health clinic on West 4th Avenue has offered students and new Vancouver residents a place to have their concerns treated, regardless of health-insurance status.

But several clinics across Metro Vancouver are having their services re-aligned as part of Coastal Health Authority's changes to primary-care services, and the Pine Free is one of them.

The clinic offers care for patients without health insurance, and under the new proposal that option is being eliminated from the location.

Nursing, front-desk and counselling services are also being shifted to the Raven Song clinic in East Vancouver.

"Our changes overall are all seeing an expansion of hours of operations for youth services across the city and numbers of types of services," said Dr. David Hall, the medical director responsible for primary care with Vancouver Coastal.

An online position has been circulating calling on the government to not shut down the clinic. Hall says the clinic isn't being shut down, but the doctors who work there are discussing changing to a fee-for-service model.

The doctors at the clinic currently get paid by the hour and Hall says the proposed switch won't affect affordability for patients.

But local politicians are arguing against the changes, saying the clinic provides much-needed services to residents.

NDP MLAs David Eby and George Heyman are hosting an emergency meeting on Friday afternoon to allow residents a chance to voice their concerns about the changing of services.

"This decision makes little sense to those of us who know and love the work Pine Free does," Eby said of Vancouver Coastal's move.

Eby says the decision is a larger move to eliminate many community clinic services, which he calls a "mistake."

The meeting starts at noon Friday at Eby's constituency office. NICK WELLS/FOR METRO

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HIGHLIGHTS

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May 17
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11AM and 2PM | Green Lake
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May 18
GREAT SNOW EARTH WATER RACE
12PM Race Start
Whistler Mountain
Take part in this multisport, team relay race from the top of Whistler to the River of Golden Dreams.

May 16
GO ENDURO
5PM | Whistler Bike Park
Watch riders in this five stage mountain bike race or register for $30.

May 17
ALPENGLOW FUN RUN
8PM Race Start
Village Square
Light up the night at this glow-in-the-dark fun run through the Lost Lake trails.

May 19
THE GREAT SLUSH CUP
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City won't step on aquarium's toes

Decision. Council shoots down plebiscite motion on cetaceans in captivity

A man watches belugas at the Vancouver Aquarium.
KRISTEN THOMPSON/METRO FILE

Vancouver city council rejected a motion on Wednesday for a citywide plebiscite to be put on the Nov. 15 election ballot asking the public if they agree whales, dolphins and other cetaceans should be kept inside the Vancouver Aquarium.

The majority of council felt the motion overstepped their boundaries and that the future of the aquarium should not be influenced by them, but between the Vancouver Park Board and the aquarium itself.

Coun. Adriane Carr, who believes cetaceans should not be held in captivity, said her motion was meant to inform the Vancouver Park Board and the aquarium on what the voting public believes on this issue.

"This is a response from the public who are saying they want a chance to be heard on an issue they are passionate around and is an important one for this city," she said.

But Coun. Tim Stevenson said it's not for the city to dip into a park board issue when they are capable of handling it themselves.

"This body, the council, has been very careful as long as I've been here on council, to respect the autonomy of the park board," he said. "We've wasted a lot of time here dealing with this when it's in park board bands and everyone knows that."

Before council voted on the motion several speakers were given the opportunity to give their input.

Many of them spoke against cetaceans being held in captivity, but the Vancouver Aquarium's John Nightingale took the opportunity to speak as well.

"The aquarium has world-class animal care," he said. "Our staff, who spend more time with those animals than they do with their kids … they can certainly tell when the belugas are happy or upset."

SAM SMITH/FOR METRO

Shoppers go head over heels at shoe sale

The annual Army and Navy shoe sale kicked off Wednesday morning, drawing in thousands of shoppers looking to grab a deal on a new pair of kicks. The annual shoe sale, now in its 65th year, features more than 145,000 pairs of designer shoes all priced under $40. MATT DESOUZA/METRO

Civil suit

Hang-gliding death prompts lawsuit

The parents of a young woman killed in a hang-gliding accident in B.C.'s Fraser Valley have filed a civil lawsuit against the pilot, his partner and several groups associated with the popular sport.

THE CANADIAN PRESS

B.C. Appeal Court

New trials ordered for four alleged human smugglers

The B.C. Appeal Court has ordered a new trial for four men who were acquitted of human smuggling in connection to one of the cases that prompted a federal government crackdown on the offence.

The men were charged under the Immigration and Refugee Protection Act after Canadian authorities found 76 Tamil asylum seekers aboard a freighter, the MV Ocean Lady, off B.C.'s coast in October 2009.

The case went to trial, but a B.C. Supreme Court judge found a section of the immigration act was too broad and infringed on charter rights because humanitarian workers could be prosecuted.

THE CANADIAN PRESS

Metro incinerator proposal sparks protest from council

Fraser Valley. Fraser Valley representatives say plan neither green nor good for economy

While Metro Vancouver employees were upstairs at the Hilton Metrotown putting on a presentation for a proposed roughly $500-million waste-to-energy (WTE) incinerator, several city councillors from the Fraser Valley protested outside.

City of Chilliwack Coun. Jason Lum said he and his council do not support garbage-burning and that better solutions are out there if the region's leaders would pay attention to them.

"It's not green energy," he said. "In a province where we have an abundance of green energy, clean energy, to call garbage-burning green energy is absolutely asinine."

City of Abbotsford Coun. Patricia Ross, who also sits as vice-chair of the Fraser Valley Regional District, said their main concerns are for air quality and potential economic impacts. "We have some of the most productive farmland in the world, so you're putting at risk not just the contamination of those crops, but they can cut crop production by up to 30 per cent, so that's a financial hit to the farms as well," she said.

Metro Vancouver sends 58.5 per cent of all air pollution to the Fraser Valley, Ross added, where locally they only generate 16.5 per cent. If the WTE facility were to be put in, it could damage them even further, she said.

"We also have arguably the richest biodiversity in the whole country of Canada, so they could not possibly have chosen a worse location," she said.

Ross and Lum said the provincial government needs to step in and put a stop to Metro Vancouver's plans before it's too late.

However, Metro Vancouver maintains the WTE facility is one of the best solutions for diverting waste away from landfills, and serves to compliment regional waste-diversion targets.

"Modern, well-managed WTE facilities produce very low levels of air emissions as state-of-the-art technologies are used to capture particles," Metro Vancouver states in a handout. "Air quality monitoring stations located near the Metro Vancouver facility in Burnaby have operated continuously since 1988 and have never detected any impact from its operations."

Modern WTE facilities are safe for human health and the environment, it added.

SAM SMITH/FOR METRO

80%

Metro Vancouver currently has an 80 per cent diversion target, but there will still be 700,000 tonnes of garbage to dispose of if they reach their goal.

The waste-to-energy incinerator in Burnaby. JENNIFER GAUTHIER/METRO FILE

Four companies sign deal to develop LNG Canada

Premier Christy Clark
THE CANADIAN PRESS

Premier Christy Clark says a proposed liquefied natural gas development has reached an important milestone now that four major energy companies have signed on.

Shell Canada, PetroChina, Korea Gas Corp. and Mitsubishi have agreed to be part of LNG Canada, which would oversee the project based in Kitimat.

LNG Canada CEO Andy Calitz told a news conference Wednesday that while the project has gained momentum, the agreement does not mean a final decision to build has been made.

"Projects of this magnitude are challenged by significant financial investment and risks," Calitz said. "We have a number of uncertainties to overcome and work to do."

He said an environmental assessment would need to be done and that consultations with First Nations and communities including Kitimat, where a plant would be constructed, need to continue.

Calitz said his major concerns include the future price of natural gas in Asia, whether the required labour pool exists and how pipelines would get through the mountains in B.C.

LNG Canada plans to work closely with the federal and B.C. governments to ensure the project is economically viable, Calitz added.

Clark, who has promoted LNG as the saviour of B.C.'s economy, said the government is taking steps to provide skills training as early as high school for future workers in the industry. Existing education money is to be reallocated to expand programs and give students an opportunity to take advantage of jobs in the natural gas industry, she said.

"The world is changing, the economy is changing, and we need to do more. We have a bigger responsibility to meet the needs of kids than we are now."

Clark said B.C. would use the temporary foreign worker program to supplement labour needs after people from the province and the rest of Canada filled various apprenticeship and journeymen positions.

"There are going to be, in the process of building these huge, huge facilities and pipelines, peaks in construction that we just will not be able to meet within British Columbia and the rest of Canada."

Clark also announced that she plans to travel to Asia for her fifth trade mission to promote the LNG industry in Malaysia, Singapore and Hong Kong. THE CANADIAN PRESS

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Calgary. Family, friends celebrate the lives of five killed in stabbing spree

Nicki Perras always wished she had her sister Kaiti's gift when it came to dancing.

She remembered her younger sister Wednesday as she spoke at a celebration of life for Kaiti, along with Jordan Segura, Zackariah Rathwell, Josh Hunter and Lawrence Hong at the University of Calgary. Six ballet dancers performed on stage after her speech.

The 500 people at the service held up cardboard hearts with the names of the five young people, who were stabbed to death at an end of school house party on April 15.

Alberta Premier Dave Hancock said the tragedy hit home because of his children and grandchildren. He said Alberta is diminished by the loss of five bright young people.

"We should not compound the tragedy by not learning from it … learning what we can do," said Hancock.

"Our province is diminished by the loss of these five young people, but Alberta is a different place, a better place, a more beautiful place because they were here."

Calgary Mayor Naheed Nenshi said it has been a rough couple of weeks for Calgary. He said healing is going to take time.

"We've gone through final exams and put one foot in front of the other foot and the best tribute we can give to these five folks is to live our lives in remembrance of these folks and who they were and to be inspired by their example."

Mount Royal University president David Docherty said it was important to remember the five victims.

"They were five bright young lives. The message here today is these were individuals that were future dancers, doctors and lawyers who had all kinds of songs and stories to tell."

Matthew de Grood, 22, has been charged with five counts of first degree murder and is undergoing a psychiatric assessment.

THE CANADIAN PRESS

Ford to take a break to deal with his 'substance abuse'

Campaign put on hold. Lawyer for infamous mayor of Toronto says embattled leader knows he 'needs help'

Rob Ford will take a leave of absence from his re-election campaign to seek help for substance abuse, his lawyer said Wednesday as new media reports involving drugs and alcohol emerged.

Dennis Morris said the Toronto mayor "realizes he needs help for substance abuse," but would not specify which substance his client is seeking treatment for or what steps he will take.

"In my eyes, he should announce those steps to the public in the near future," Morris said.

The Toronto Sun, which carried quotes from the mayor about his decision to go get help, reported Ford will nonetheless remain on the ballot for the Oct. 27 mayoral election.

Rob Ford's lawyer says the Toronto mayor will take a leave of absence to seek help for substance abuse. FRANK GUNN/THE CANADIAN PRESS FILE

The announcement came as both the Sun and the Globe and Mail published fresh allegations about the mayor.

The Globe said two of its reporters viewed a new video of Ford smoking what the newspaper said was described as crack cocaine by a self-professed drug dealer. The Globe said the video was secretly filmed in Ford's sister's basement early Saturday morning.

Meanwhile, the Sun reported it obtained an audio recording of the mayor "being unruly as he's ordering booze" and making "lewd comments" about one of his election rivals at a west Toronto bar.

Ford has denied allegations that he is addicted to drugs or alcohol, though he has admitted having used crack cocaine while in a "drunken stupor" during his tenure.

Shortly afterward, city council voted to relieve Ford of many of his mayoral powers.

The mayor also admitted he had been drinking during an incident in which he was filmed using Jamaican swear words and other profanities at a Toronto restaurant.

He vowed last year that he had given up alcohol — part of a campaign to rehabilitate his image in light of his admission.

THE CANADIAN PRESS

'Post-antibiotic era'

WHO says deadly superbugs have spread worldwide

Bacteria resistant to antibiotics have now spread to every part of the world and might lead to a future where minor infections could kill, according to a report published Wednesday by the World Health Organization.

In its first global survey of the resistance problem, WHO said it found very high rates of drug-resistant E. coli bacteria, which causes problems including meningitis and infections of the skin, blood and kidneys. The agency noted there are countries where treatment for the bug is useless in more than half of patients.

WHO's report also found worrying rates of resistance in other bacteria, including common causes of pneumonia and gonorrhea.

Unless there is urgent action, "the world is headed for a post-antibiotic era in which common infections and minor injuries which have been treatable for decades can once again kill," Dr. Keiji Fukuda, one of the agency's assistant director-generals, warned in a release. THE ASSOCIATED PRESS

Beached to teach. Ottawa arranging for museum to take home whale carcasses

Ottawa is working with a Canadian museum on an agreement to take ownership of carcasses of whales that have been beached along Newfoundland's west coast, Federal Fisheries Minister Gail Shea said on Twitter late Wednesday.

Shea said the deal with the undisclosed institution will benefit the affected communities "and ensure these magnificent whales contribute to the education of museum visitors."

Shea said federal fisheries staff are on site to limit any public safety risks until the whales are removed. No other details were offered.

A spokesperson for Shea declined to say which museum the government was working with, adding that more information will be available Thursday. Sophie Doucet said in an email that it's expected to be a couple of days before the whales are removed.

The whales were among nine that died trapped in thick sea ice earlier this spring, said Jack Lawson, a researcher with the federal Fisheries Department. A third whale that washed ashore has since drifted from Bakers Brook off the coast of Gros Morne National Park, he said. THE CANADIAN PRESS

A rotting blue whale carcass sits on the shore in Trout River, N.L., on Sunday. DON BRADSHAW/NTV NEWS/THE CANADIAN PRESS

Sinn Fein leader arrested in 1972 IRA murder case

Police in Northern Ireland arrested Sinn Fein party leader Gerry Adams on Wednesday on suspicion of involvement in the Irish Republican Army's 1972 abduction, killing and secret burial of a Belfast widow.

Adams, 65, confirmed his own arrest in a prepared statement and described it as a voluntary, prearranged interview.

Police long had been expected to question Adams about the 1972 killing of Jean McConville, a 38-year-old mother of 10 whom the IRA executed as an alleged spy. According to all authoritative histories of the Sinn Fein-IRA movement, Adams served as an IRA commander for decades, but he has always denied holding any position in the outlawed group.

"I believe that the killing of Jean McConville and the secret burial of her body was wrong and a grievous injustice to her and her family," Adams said. "Well publicized, malicious allegations have been made against me. I reject these. While I have never disassociated myself from the IRA and I never will, I am innocent of any part in the abduction, killing or burial of Mrs. McConville."

Reflecting the embarrassment associated with killing a single mother, the IRA did not admit the killing until 1999, and her unmarked grave was discovered only by accident near a Republic of Ireland beach in 2003.

Sinn Fein party leader Gerry Adams OLI SCARFF/GETTY IMAGES FILE

Adams was implicated in the killing by two IRA veterans who gave taped interviews to researchers for a Boston College history archive on the four-decade Northern Ireland conflict. Belfast police took legal steps to acquire the interviews, parts of which already were published after the 2008 death of one IRA interviewee, Brendan Hughes. The researchers fought unsuccessfully to avoid handover of the tapes of the second IRA interviewee, Dolours Price, who died last year.

In his interview, Hughes, a reputed longtime deputy to Adams within the Belfast IRA, said McConville was killed on Adams' orders.

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Goodbye, Earth ...

Pioneers. A one-way ticket to Mars means the hopefuls will have to bid goodbye to their planet and loved ones

JEREMY NOLAIS
Metro in Calgary

In all likelihood, the first tickets to the Red Planet won't come with the guarantee of a return trip.

For those on the maiden Mars voyage, it could mean goodbye forever to loved ones and the comforts of home.

"Wait, wait — there's not a Starbucks on Mars?" questioned prospective astronaut Tyler Reyno, his tongue planted firmly in cheek.

Laughs aside, Reyno, who hails from Lower Sackville, N.S., admits his quest to propel the human race towards an interplanetary lifestyle would come with some major sacrifices.

But the 21-year-old remains determined to land a spot among the final 1,000 candidates to be a part of the Mars One mission, which is being steered by a deep-pocketed entrepreneur and has a goal of settling on the planet's surface in the year 2023.

Reyno is also in the early stages of launching a Canadian rocket company — Open Space — and has attracted hundreds of followers on social media to his Send Nova Scotia to Space campaign.

"It's a life of purpose in place of a life of comfort," he said. "I find it strangely alluring where every second is a second of survival and challenge and testing. Space exploration is probably just the greatest thing I could ever accomplish."

Calgary engineer Zac Trolley also counts himself among those on the Mars One shortlist and already appears to be on a mission of sorts, one that may prove just as important as one day strapping himself into a skyscraper-sized rocket bound for a new world.

Since learning of his Mars finalist status, he's embarked on a speaking tour, discussing the potential of inter-planetary settlement with working peers, more than 20 elementary-school classes and "whoever else will listen."

Trolley anticipates society being on the verge of a new-age space race, where entrepreneurs with deep pockets will let their imaginations — and their money — run wild.

But he fears there's a lack of Christopher Columbus-eque spirit among many he meets. Save for a few adventurous cavers and deep-sea divers, Trolley said most people are content with going about their day-to-day lives with little care for what may lurk in the dark abyss of the solar system.

"I've had people say 'How dare you? You shouldn't do that,'" he said. "(It's) fear. People are scared of what they don't understand.

"We always have to push boundaries," he continued. "We would have never left the caves and our small villages if people didn't wonder what was over the next hills. And I'm sure, back then, there were people saying, 'No, don't go over those hills — there be dragons.'"

Trolley's parents are worldly explorers themselves. As such, father Gary Trolley said he understands his son's desire to literally go where no man has gone before.

"It will be, in many ways, a sad day to say goodbye," he said.

"He keeps telling us he will be able to communicate with us, but it's not the same thing.

"We try to instil in our children: find a dream, find a passion and go for it — Zachary's chosen a big one," Gary added.

Zac said some have asked if he'll plan his own funeral before embarking to Mars.

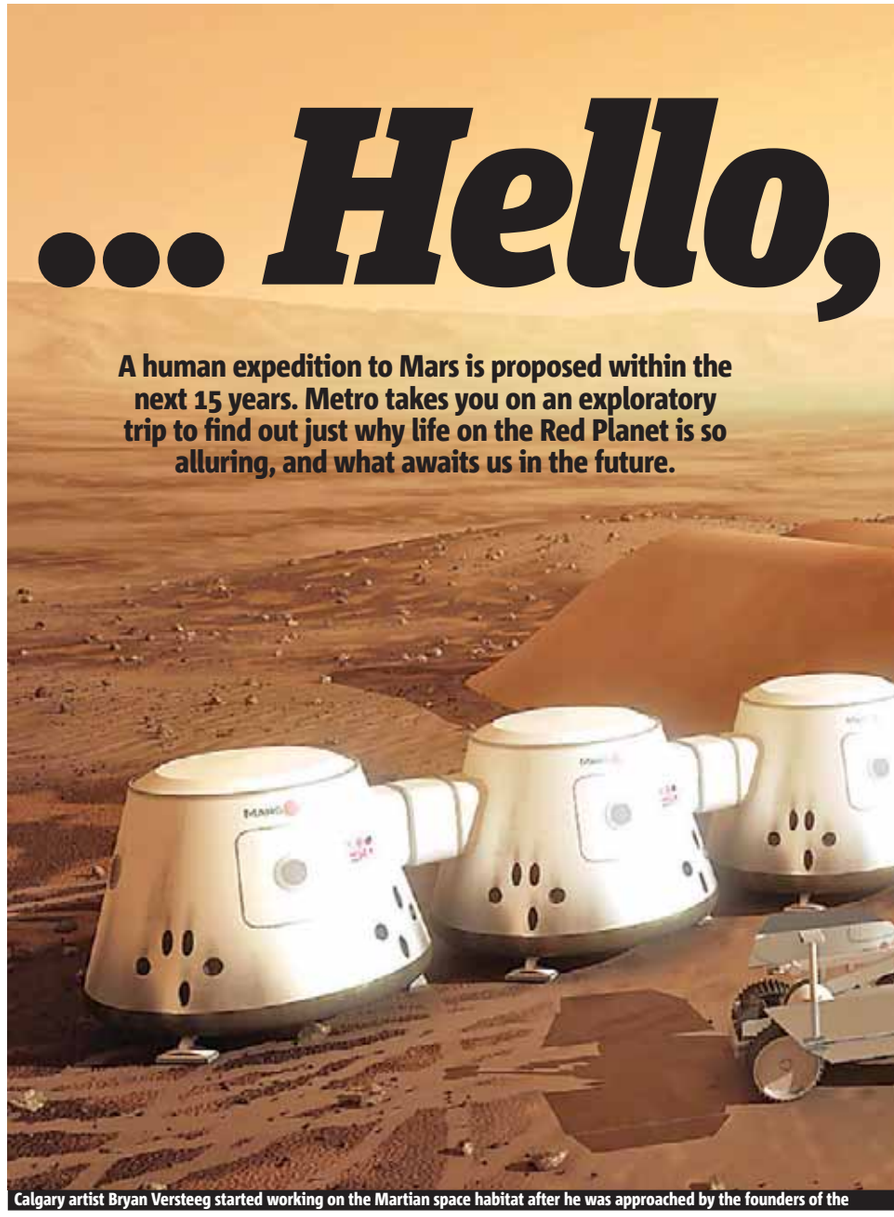
"It's such rubbish," he said. "If I was cut off, my friends and family would know that I was doing what I loved doing — doing what I was meant to do. Could you wish anything better on someone than that?"

A world to gain
"People say, 'Why would you leave everything on Earth behind?' I tell them, 'Because I'm getting an entire planet.'"
Zac Trolley, Calgary engineer and potential Mars voyager
MARS
CHRIS HADFIELD

Calgary engineer Zac Trolley admits he has many comforts readily available both inside and near his bachelor pad, but said he's always dreamed of doing something more with his life. He's among those hoping to secure a ride to Mars or an asteroid as a new-age space race appears primed to ignite. JEREMY NOLAIS/METRO IN CALGARY

... Hello,

A human expedition to Mars is proposed within the next 15 years. Metro takes you on an exploratory trip to find out just why life on the Red Planet is so alluring, and what awaits us in the future.



Calgary artist Bryan Versteeg started working on the Martian space habitat after he was approached by the founders of the

Keeping astronauts

Just because there's zero gravity doesn't mean you can skip the gym.

In fact, the Canadian Space Agency (CSA) recommends its orbiting astronauts work out for two hours each and every day they spend aboard the International Space Station. Squats, treadmill runs, the daunting bench press, you name it — exercising is seen as pivotal to helping combat the loss of muscle mass and bone density that plagues astronauts who no longer require anything to support their weight.

Then comes food, and Natalie Hirsch, project officer in the CSA's life sciences and space medicine division, is quick to point to a potential struggle with keeping astronauts fed for the duration of their jaunt to Mars and the subsequent time it takes up to, say, start farming, once there.

Estimates have suggested the journey to the Red Planet will take seven months alone and the "thermo-stabilized" foods stored aboard ISS only keep for about a year.

Fresh fruits and vegetables go bad after a week — making it a real treat for astronauts every time a new shuttle packed with a cart full of apples docks at ISS.

Then there's the potential for picky eaters.

Hirsch said there are anecdotal reports of astronauts' dietary preferences changing once they leave the planet, although no formal study has been done to determine why.

"We do have people saying 'I love spinach' on the ground and when they get into space the same spinach they tested pre-flight is just not as tasty," she said.

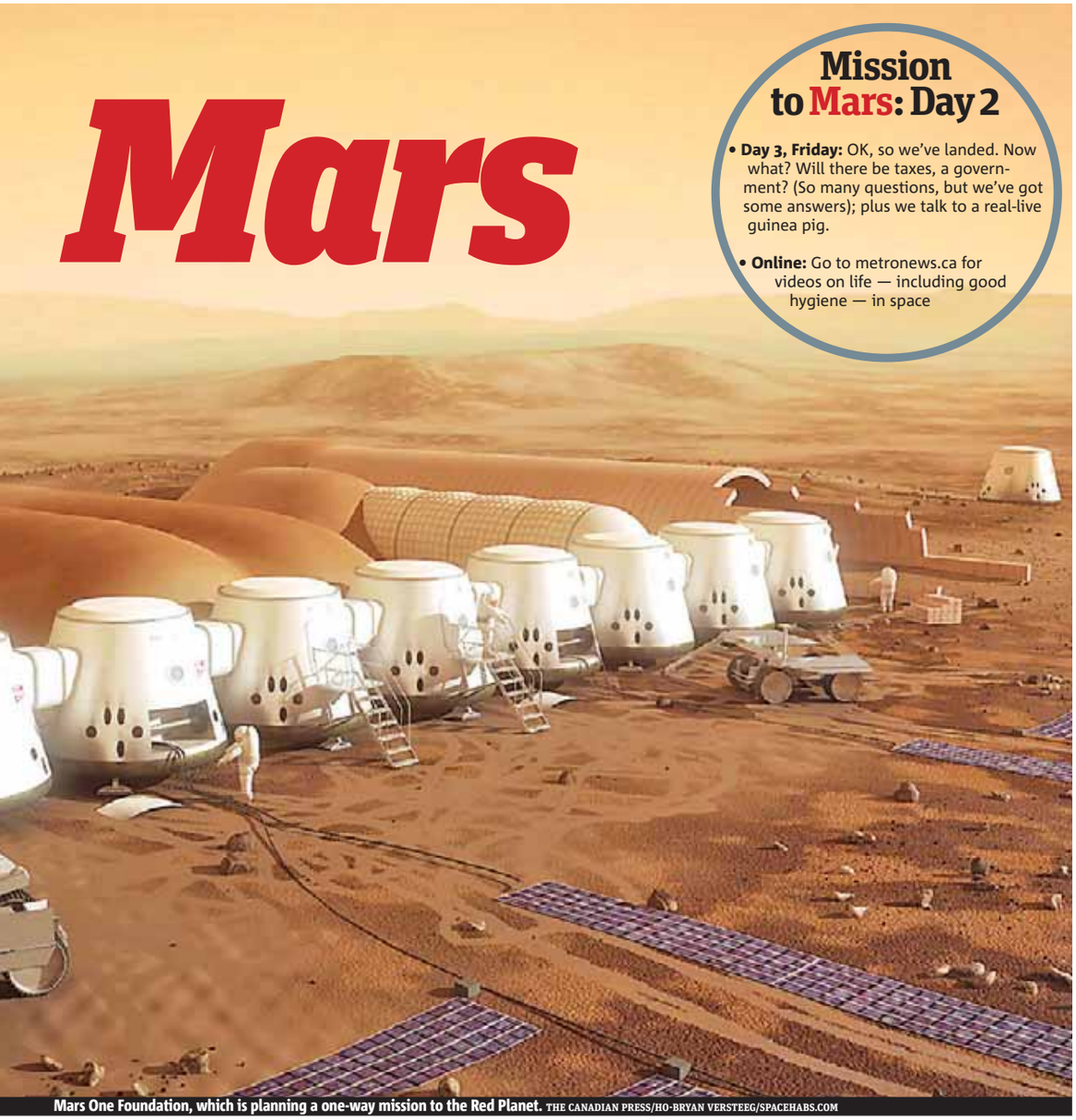
JEREMY NOLAIS/METRO IN CALGARY

See that symbol? It means you can scan the photo below with your Metro News app. Astronaut Chris Hadfield explains the space toilet

Mars

Mission to Mars: Day 2

- **Day 3, Friday:** OK, so we've landed. Now what? Will there be taxes, a government? (So many questions, but we've got some answers); plus we talk to a real-live guinea pig.
- **Online:** Go to metronews.ca for videos on life — including good hygiene — in space



Mars One Foundation, which is planning a one-way mission to the Red Planet. THE CANADIAN PRESS/HO-BRYAN VERSTEEG/SPACEHABS.COM

fed and fit is no picnic

How not to let yourself go ... in space

To get a sense of what exercise gear could go with astronauts on their mission to Mars, here's the equipment used aboard the International Space Station:

- **The cycle ergometer:** Works similarly to a stationary bike and comes complete with a back-support plank and hand holds to keep the astronaut on the machine.
- **The treadmill:** Unlike your run-of-the-mill basement device, the ISS treadmill features a bungee and harness contraption to tie the astronaut down. The bungees are then set to put a load on the astronaut that is progressively increased throughout the mission, making their space run more difficult.
- **The ARED:** This device mimics weightlifting on Earth by utilizing vacuum cylinders that can be adjusted to create up to 600 pounds acting against astronauts performing squats, dead lifts, and so on.

Jeff Fortuna is testing a treadmill developed at NASA to simulate weightless exercise that can be used to keep astronauts in shape. THE ASSOCIATED PRESS FILE

A day in the life of a space settler

A general view of a "Space Toilet" is seen in a "Space Habitation Module" at Miraïkan, The Emerging Museum of Science and Innovation, in Tokyo, Japan. GETTY IMAGES

And you thought you had bathroom issues

The toilet aboard the International Space Station relies on airflow instead of gravity to contain excrement. Urine is mixed with other wastewater, purified, and then returned to the drinking water supply. Solid material, meanwhile, is gathered, exposed to the harsh climate of space to destroy bacteria — and the associated smell — and then eventually jettisoned into space when a large enough amount has been gathered.

Astronauts don't cry ... no, really

There's no crying in space. Because of the zero gravity atmosphere, space explorers' tears don't fall; they just form water bubbles and stay there until removed.

Wow, you really need a (sponge) bath!

Sponge baths, not showers, are generally the best method to exercise personal hygiene aboard a space shuttle or station.

Hey, old chap. Got the time?

Canadian astronauts in space and those manning the mission back on Earth generally follow Greenwich mean time, meaning they keep the same hours as your average chap living in London, England.

JEREMY NOLAIS/METRO IN CALGARY

Nigerian schoolgirls forced to marry their abductors?

Nigeria. About 50 girls managed to escape, 220 remain missing

Scores of girls and young women kidnapped from a school in Nigeria are being forced to marry their Islamic extremist abductors, a civic organization said Wednesday.

At the same time, the Boko Haram terrorist network is negotiating over the students' fate and is demanding an unspecified ransom for their release, a Borno state community leader said.

The news of negotiations comes as parents say the girls are being sold into marriage to Boko Haram militants. The students are being paid 2,000 naira (about $12) to marry the fighters, Halite Aliyu of the Borno-Yobe People's Forum said. She said the parents' information about mass weddings is coming from villagers in the Sambisa Forest, on Nigeria's border with Cameroon, where Boko Haram is known to have hideouts.

"The latest reports are that they have been taken across the borders, some to Cameroon and Chad," Aliyu said.

Outrage over the failure to rescue the girls is growing and hundreds of women braved heavy rain to march Wednesday to Nigeria's National Assembly to protest lack of action over the students. Hundreds more also marched in Kano, Nigeria's second largest city.

"The leaders of both houses said they will do all in their power but we are saying two weeks already have passed, we want action now," said activist Mercy Asu Abang.

Nigerians have harnessed social media to protest, trending under the hashtag #BringBackOurGirls.

THE ASSOCIATED PRESS

Mothers with daughters among the more than 200 schoolgirls kidnapped two weeks ago by Islamic extremists in Nigeria protest in the capital over the government's failure to rescue the girls. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

Syrian crisis

Airstrike hits school in Aleppo, killing at least 19

A Syrian fighter jet struck a school with a missile in the opposition-held part of the northern city of Aleppo Wednesday as teachers and students were preparing an exhibit of children's drawings depicting their country at war, killing at least 19 people, including 10 children, activists said.

THE ASSOCIATED PRESS

10 killed in Russia

Fire at military warehouse

Russia's Defence Ministry says 10 people have died after a fire broke out at a military warehouse in the Siberian Baikal region.

The defence ministry said 10 people who were travelling in a truck near the depot when the fire broke out late on Tuesday were found dead.

THE ASSOCIATED PRESS

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In North America, the rich get richer and the poor get poorer

Inequality.
While the top 1% in Canada and the U.S. line their pockets, the 99% make do with less

Canada is among the worst in the developed world in terms of the widening income gap, according to a new OECD paper.

The analysis shows income inequality has grown in most advanced economies represented in the Organization for Economic Co-operation and Development over the past three decades, but the United States and Canada are near the top in terms of growth and in absolute terms.

The OECD says the top one per cent of Canadian pre-tax income earners captured 37 per cent of the overall income growth between 1981 and 2012, and now account for 12.2 per cent of the country's total annual income.

In the United States, the top one percenters captured 47 per cent of the total income growth in the country during the period — and now share one-fifth of the country's pre-tax income.

Meanwhile, incomes among the poorest households have not kept pace with overall income growth, the OECD says, and in fact stripping away the top one percenters would leave overall income growth considerably lower in many countries.

This is why the majority of the population can't reconcile their countries' economic growth rate with improvements in their incomes, the OECD report speculates.

The OECD data shows income disparities, while growing in most of the 34 economies it tracks, varies greatly from country to country, with little correlation as to the economic performance during the period. THE CANADIAN PRESS

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THE DIFFERENCES ARE STILL CUTE

HE SAYS
John Mazerolle
metronews.ca

My relationship with my girlfriend still has that new-courtship smell, so we find our differences fun and enjoyable.

For instance, she recently said, "Do you want to see the new shoes I bought?" and I said, "Yes."

I know.

Society rightfully finds these attempts to take an interest in each other disgusting, but we don't care because we're surrounded by The Forcefield of Love, which filters out negative thoughts and nauseated glances.

That said, I didn't realize the huge gulf between us until she sent herself packing.

No, she didn't leave me. She moved to a new apartment.

And, let me tell you, she moves like Jagger, assuming Mick has an ace moving company and excellent organizational skills.

My girlfriend was moved into her apartment with Internet hooked up, everything unpacked, and a new bed made in both senses, all by mid-afternoon. Compare that to me, who took two months to get Internet, four years to unpack (there's been little call for kitchen utensils, less for oven cleaner) and a bed that isn't made in either sense thanks to unconstructed Ikea drawers. Our approaches to apartment moving and living are very different, but in the spirit of these effortless early days, I can see the value in both. Observe:

Planning, her way: She moves from room to room, planning which items will go in which boxes. **Advantage:** She is in full control of the move. **Planning, my way:** I move from room to room, planning which items will go into which boxes until the night before when I look up from the couch and say, "Oh right, the kitchen!" **Advantage:** I work better with a deadline.

Packing, her way: She followed the Bush Doctrine and had her old apartment pre-emptively packed before her belongings expected anything. We walked among the stacks of boxes for a couple of weeks like we were in the last shot of Raiders of the Lost Ark. **Advantage:** Unpacking was easy thanks to her fastidiousness. She knew which box Schrödinger's cat was in, and whether it was alive or dead. **Packing, my way:** I skipped over the boxes during my last move by choosing an apartment in the same neighbourhood and throwing my stuff at random into a wheelbarrow. **Advantage:** This was quick, easy and allowed me to say that I have used a wheelbarrow.

Insects, her way: Her tolerance for bugs is low, but if they were in her apartment, she would remove them by neatly stacking them in a clearly labelled box reading, "Hexapoda." **Advantage:** Cleanliness is good in an apartment, I've heard. **Insects, my way:** When I came back from a European vacation and discovered that a creepy crawler had joined me in bed and chewed on me throughout the night, I decided I would simply not go into the bedroom for several months in hopes of starving it out. **Advantage:** It worked.

So there are upsides to both my girlfriend's approach to life and mine. Hopefully, she feels the same way and will never send me packing. If she does, I'll have to borrow a wheelbarrow.

ZOOM

Suburbia's crop circles

A "master planned community" in Maricopa County, Ariz. CHRISTOPH GIELEN/CIPHERS

Q&A

"We need to decipher them"

CHRISTOPH GIELEN
Artist/photographer, 46, based in New York

In his book Ciphers, photographer Christoph Gielen helps us grasp the impact our households have on the landscape with his aerial shots of suburbia's unusual shapes. Here's what he had to say about his work:

What inspired you to do this project? I wanted to do something that would be compelling and grab people's attention. Back in 2003, I was doing some aerial photography of controlled implosions in Scotland when I got the idea for the urban-sprawl project — to photograph different suburban developments across the U.S., from Nevada to Florida, from an airplane.

What did you see up there? The most unusual patterns imaginable. I could make out different floral shapes and designs that resembled a spider's web. But what I captured are places that are totally unsustainable.

So you're pointing to some social message? Yes, I want to trigger a discussion. We are all worried about the environment and climate change, and I wanted to place this concept of car-centric urban sprawl at the heart of the debate.

They look like concrete crop circles to me. It's very ironic that many of these patterns are floral or organic-looking, but there is very little sustainable or environmental about these developments. METRO

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In this issue, you can find AR enhancements on page 15 in Scene, page 22 in Life and page 23 in Sports

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MetroTube

Hamster gets served tiny labour of love

ANDREW FIFIELD
metronews.ca

Burritos tend not to be the most delicate of foods, what with the overflowing contents breaking through the wrap to leave an incriminating trail down your hands.

Since most of us don't have the skilled hands of a surgeon, that's the role burritos are destined to play in our lives. This guy, however — this guy is capable of truly trim and tidy burritos. Why do that, you ask? To feed them to hamsters, of course!
(Via Hello Denizen on YouTube)

SCREENGRAB

metro
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Afro-Cuban art, Jean-Paul Sartre and a Ballroom Brawl

Eclectic mix. Lots of different things to do in this week's YVArts scene

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

The work of Cuban photographer Juan Carlos Alom will be on display as part of Without Masks: Contemporary Afro-Cuban Art at the UBC Museum of Anthropology.
CONTRIBUTED

There's an eclectic mix of YVarts in this week's Backstage Pass.

Let's knock them off chronologically.

First up, making its North American debut, it's Without Masks: Contemporary Afro-Cuban Art at UBC's Museum of Anthropology (MOA). The exhibition is an assembly of 31 Cuban contemporary artists straddling a couple of themes: contemporary Afro-Cuban cultural and religious traditions and the complex racial issues currently affecting the country.

Curator of Without Masks, Orlando Hernández: "There is a very strong African tradition in Cuba. We inherited many religious practices from Africa — Palo Monte, Santeria, Ifá, Abakuá, and there are a lot of Cubans of direct or mixed African descent. In [the exhibition] we seek to make new and deeper studies of those cultural, aesthetic, symbolic, and religious legacies that we share and take for granted, without forgetting that we have received them from black sub-Saharan Africa."

Without Masks starts tomorrow and runs until Nov. 2. More information at MOA.UBC.ca http://MOA.UBC.ca .

Also kicking off tomorrow: the DOXA Documentary Film Festival at various venues across the city until May 11. Visit DOXAFestival.ca for more information.

The Moscow Virtuosi Chamber Orchestra & Maestro Vladamir Spvakov play the Chan Centre (UBC) on Tuesday, May 6. This is an excellent ensemble celebrating its 35th anniversary — it's been six years since the group last played Vancouver — to a sold-out house, no less. Tickets $49.75 to $119.75. Visit ShowOneProductions.ca for more information.

UBC Theatre alum Tanya Mathivan produces and directs Jean-Paul Sartre's No Exit at Studio 16 from May 6 - 10. Tickets run from $10-15 (BrownPaperTickets.com) - May 6 is a pay-what-you-can staging (cash only at the door). Support the young-uns, won't you?

Last but not least lest they body-slam me onto a glass-covered bar, ECCW Wrestling returns to the Commodore Saturday, July 12 for Ballroom Brawl II: TLC. (Don't worry, wrestling fans, the "TLC" stands for Tables, Ladders and Chairs.)

This first iteration sold out so get your tickets ASAP. On sale now at LiveNation.com.

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Nothing quiet about Claflin's career

The Quiet Ones. After being in a handful of big-budget flicks, actor welcomes something a little smaller

NED EHRBAR
Metro World News in Hollywood

The Quiet Ones is currently playing in theatres. CONTRIBUTED

With Sam Claflin's film career off to such a big-budget start — going from Pirates of the Caribbean: On Stranger Tides to Snow White and the Huntsman to the Hunger Games — the young British actor finds his latest, the Hammer horror film the Quiet Ones, a welcome change of pace.

Hammer Films has quite a legacy in the horror genre.

Despite the fact that I hadn't seen many of the classic Hammer horror movies that they're known for, obviously I'd heard of Hammer horror. So being under that umbrella, I felt like there was a safety net. "OK, I'm safe here. I don't think it's going to be an awful movie. If they're behind it, it's got to have something to it." And that was even before I'd read the script. And also what they've done over the recent years with Let Me In and Woman in Black, two films that I hugely, hugely enjoyed and connected with, and realized that especially with what seems to be my kind of target audience at the moment (laughs), it seems quite fitting.

How does that feel, having a target audience all of a sudden?

It's really strange. It's something you can never get used to. There were some girls discussing if I would speak at their funerals or write a eulogy for them — these are, like, 12-year-old kids. It's scary how obsessed and sort of hungry — obsessed in a positive way! I didn't mean like literally they would kill themselves if I get ill. But it's nice to have an incredibly loyal fan base and people that will go to see my movie even if it's rubbish (laughs). It's really positive to know that there are a few people around the world who really would do anything for me. It's really pleasant — a little frightening at times, for sure, but I also try not to think about it too much, if I'm honest.

Do you find you have to avoid things online more now?

So, I have Twitter and I have Instagram, and I also have other forms of social media that I only keep specifically for my friends. What's amazing about Twitter and Instagram — I'd never put it down — is I feel it's great for someone who's in the limelight to have the ability to kind of connect with fans on a daily basis. I mean, I'm not that guy who literally says, "I'm now having a coffee, I'm now sitting down with my coffee, I'm putting one sugar cube in my coffee. Here's a picture of my coffee. Here's my coffee drunk." I just feel like occasionally it's nice to keep people in the know. But I don't ever say, "I'm going to be here at this time, please come see me." I think that could get out of hand.

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See that symbol? It means you can scan the photo below with your Metro News app. See the video for James Blunt's Postcards

James Blunt gets a little more personal with Moon Landing

Moon Landing. 'This album is the album I would have written and recorded if the other albums hadn't sold the way they did'

PAT HEALY
Metro World News in Boston

James Blunt has come to terms with the success that made him a household name almost a decade ago. And with his new album, Moon Landing, he says he was finally able to produce a collection of songs that are almost a logical extension of his 2004 debut, Back to Bedlam.

"This album is the album I would have written and recorded if the other albums hadn't sold the way they did," he says. "These are songs that are personal — I suppose a great example is you might take Goodbye My Lover on the first album, it's opening yourself up — and then to have it be a commercial success, you also get a lot of criticism."

When the topic of criticism comes up, James Blunt reveals his acid tongue in a hilariously fast rant.

"I'm not singing manly songs about how big and strong I am, so people say that it's a little bit wet and delicate, words that you don't want to be described as, like romantic," he says.

"So maybe I didn't want to open up that way and accept that type of criticism. But I realized, you know what? Some terrific guy that is up onstage singing about how big and strong (he) is, he was led to that stage by six big and strong security type guys, and I'm not.

"I walk through (the) audience. I don't sing songs about how big and strong I am; I was in the army for six years, and I know how perfectly strong I am. I was in the war and I know how hard and rough it is to get in a serious fight.

"So instead of singing about that, I sing about my weakness. I don't sing about my successes and how rich I might be — I sing about my failures, my hopes, my fears; these things are much more braver to sing about.

"Any critique you have is probably from one guy in his bedroom with his trousers around his ankles in the shadows, feeling brave as a result. You put the spotlight on him and he'll probably shit himself."

It's taken a while for Blunt to come to this level of disenchanted acceptance of his critics and audience.

"My first record I cut to try and get a record deal, and I did," he says. "I made the album as an innocent and naïve recording, then being on that indie label as I was, it became mainstream with one song that the whole world knows.

"And because of that I wrote a reactionary album called All the Lost Souls. It wasn't written to embrace the new audience I had. It was dark, and I was kind of unhappy being thrown into the public eye like that and that's why it's called All the Lost Souls. It's not a happy title.

"And then the third album I did embrace it more, there's fun to be had as a pop star, and so I wrote songs for my arenas and it made a third world tour great fun. But with all the fun that the tour was and how special it made that tour, it wasn't nearly as fulfilling as when you are writing something much more personal."

One particular song on the new album which feels especially personal is Miss America, a tribute to the late Whitney Houston.

"What was interesting and tragic about her was that the insight into her life overtook her talent and then it just became about her tragedy and her story, but it was also about how we spectated that and her story is not unusual," says Blunt.

You think James Blunt's not tough? Just check out that shirt. He says, "I don't sing songs about how big and strong I am." GETTY IMAGES

ADVERTISEMENT

Exposed! Pop star's shameful photos leaked.

Shocking photos reveal bad boy, Cody Summers, doesn't recycle his aluminum cans.

International pop sensation, Cody Summers is in trouble again. Yesterday, photos surfaced of the singer dumping his aluminum can in the trash. The photos were leaked by the disposed can, who said, "He's totally out of control." Cities across the world have already boycotted concerts in the upcoming Summers Lovin Tour. Meanwhile, Summers' long-time publicist, manager, and mom has decided to leave him to look for a new client.

It just goes to show that every can you don't recycle says something about you. ***So always return your aluminum cans for recycling.***

- return-it.ca

"He's totally out of control."

– Aluminum can

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Donnie Wahlberg ALL PHOTOS GETTY IMAGES

New Kids on the Boat: Nineties group hits the high seas for reality show

Whoever thought up this reality show should get the Nobel Prize. It combines everyone's two favourite things: '90s nostalgia and the high seas. New Kids on the Block, the original '90s boy band, are reuniting for a reality show on a boat. Cable network TVGN is developing Rock This Boat, a show about the reunited NKOTB setting sail with die-hard fans for a week of partying. Sounds like a thin premise for a show, but I assume they will also be fighting pirates, exploring uncharted waters and searching for buried treasure. That's what people on boats do, right? Rock This Boat will air next season. It will be executive produced by Donnie Wahlberg, NKOTB member and brother of Mark Wahlberg. The latter is probably jealous that his career is thriving sufficiently that he does not get to go on a boat to revive it.

The Word

Wanna marry Prince Harry? The royal is single again

MELINDA TAUB
Metro World News

Did you know there's a reality show called I Wanna Marry "Harry"? It's a Joe Millionaire-type deal, where a bunch of women compete for the affections of a random ginger Englishman they've been told is Prince Harry. It's incredibly mean, but those contestants may have the last laugh: Harry is, in fact, single again, and available for marrying. I hope one of them snags him.

Prince Harry, the fun-loving royal currently fourth in line for the English throne, has reportedly split from his girlfriend Cressida Bonas, according to the Daily Mirror. The move comes as a surprise: Earlier this year, the two were said to be getting serious and many royal-watchers expected them to get engaged.

Twitter

@mindykaling
my head is too heavy it flattens even the firmest of pillows

@ricky_martin
You have to believe that in the end, all the dots are going to connect.

@SarahKSilverman
Mississippi is such a great place to live if you don't have a vagina

Renée Zellweger

Did Demi give Renée her plastic surgeon's digits?

Renée Zellweger is reportedly worrying herself senseless about mounting a career comeback — and has turned to Demi Moore for help as a life coach, according to Star magazine. "Unless she pulls herself together, Renee's acting future looks very uncertain. Renee is in therapy dealing with her anxiety about appearing on camera again after a string of embarrassing movie flops," a source says. And reactions to the Bridget Jones Diary star's recent rare public appearance certainly aren't helping matters. "The mixed reaction to her transformation has unnerved Renée in a big way," the source says. "Pals are convinced it was Demi who gave her her plastic surgeon's number, thinking it would give her a confidence boost."

That plan, it seems, has backfired.

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Tech is on trend

If X-Men made sportswear, this is probably what it would look like. The next generation of athletic style is teched out and high on hybrids.

METRO WORLD NEWS

Who knew that X-Men: Days of the Future Past could teach us a little bit about what's fashionable in the present. CONTRIBUTED

Zara

Sweatshirt with faux-leather appliqué, $59, zara.com

Saint Laurent

Metallic bomber jacket, $1,224, farfetch.com

Raf Simons x Adidas

Sneakers, $440, mrporter.com

ASOS

BLACK Printed panel T-shirt, $38, asos.com

COS

Technical jersey trousers, $76, cosstores.com

Gadgets meet garments online

High-tech, high style. Amazon opens up shop to consumers who want wearables that work for them

Just as it did for the smart home, the online retailer has launched a storefront dedicated to wearable technology devices.

Focused as much on educating consumers as on selling products to them, The Amazon Wearable Technology portal has gone live as part of its U.S. site.

It organizes devices across five categories: fitness and wellness; healthcare devices; wearable cameras; smart watches; and family, kids and pets; but it also features buying guides, a video library of tutorials, featured or spotlight products and an editor's corner blog.

In September, Amazon launched a dedicated web portal for home automation and smart home products along the same lines, aiming to demystify the technology and help consumers to make informed decisions about the products that best suit their needs and their lifestyles.

There's little doubt that the buzz around wearable tech devices is building and building, but so far that buzz doesn't appear to have translated into huge consumer demand.

With the exception of fitness trackers, the latest crop of smart watches has failed to generate much in the way of sales. Juniper Research estimates that 15 million wearable health and fitness devices were sold in 2013 and believes that by 2018, that number could be as high as 100 million.

AFP

Will you be ordering up your share of smart style? CONTRIBUTED

LIFE 3

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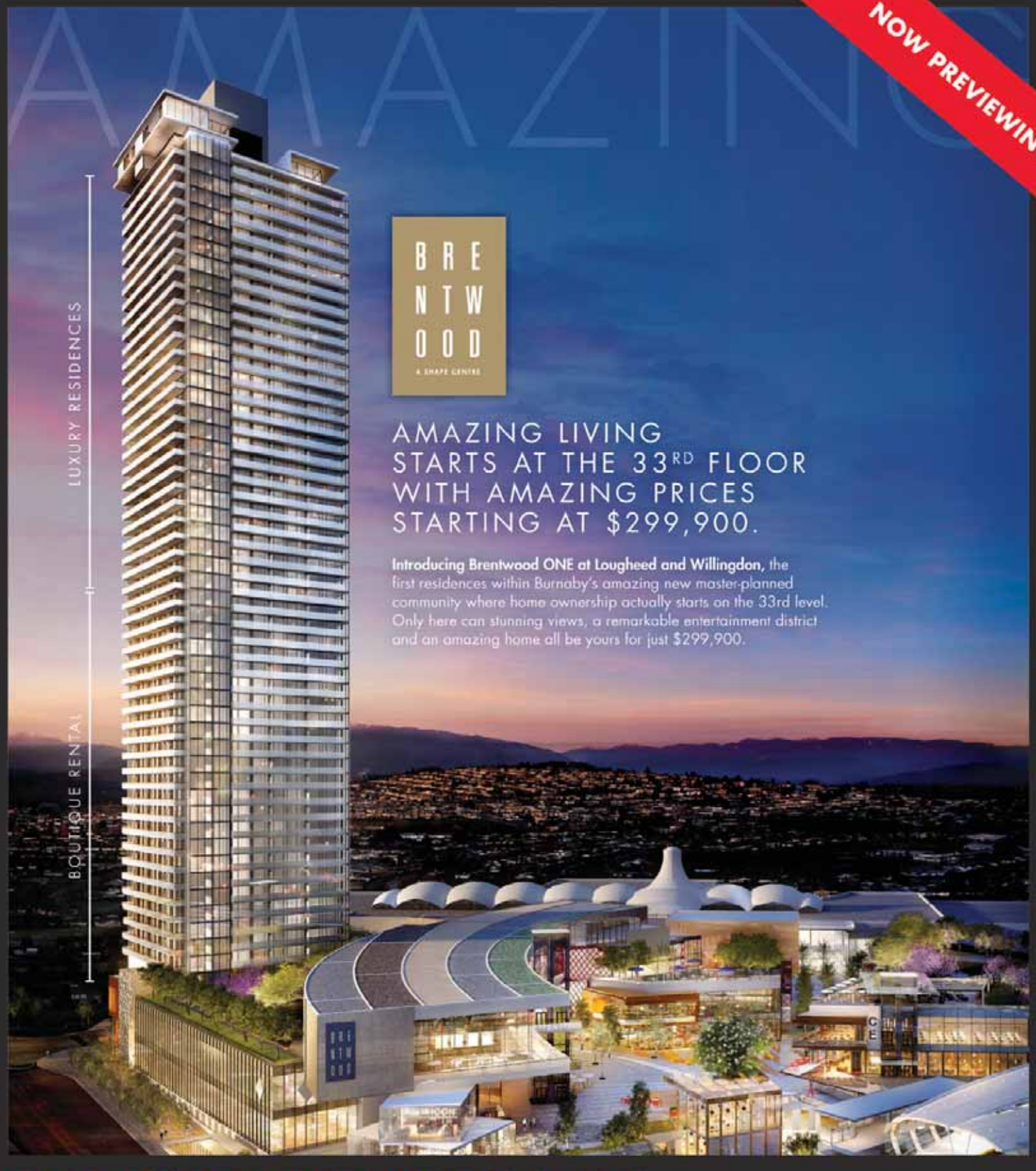
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How to live large in a small space

Design advice. These timeless tips can make any small space look roomy and spacious

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

New homes are getting smaller and smaller, so adhering to a few good design rules can help you live just a little bit larger.

I can't imagine better advice to dispense to anyone who's moving, renovating or sprucing up their place than these golden rules of small-space decorating. They're timeless and hold true for any space you might live in. Here are my top four rules:

Tones and colour

• Keep tones of flooring, walls and furnishings similar so the eye roams without interruption between light and dark shades.

• Cooler versions of a colour (every colour has a warm and cool side) tend to reflect more light, therefore making a small space feel larger.

• When the width of the ceiling is smaller than the height of the wall (as in most small condo lofts), then paint the ceiling the same colour as walls; it will make the room appear wider.

Use of mirrors

• You may have heard that mirrors can visually expand a space. The secret is to use them to widen, not lengthen, a room, so always hang a mirror on the long wall, not the short one.

• To bring light into a long, narrow space, stand a floor mirror 90 degrees to a window; it will reflect the window and direct the incoming light deep into the space.

• Never be afraid to stand a side table, chair or plant in front of a large mirror to add drama and depth, especially in foyers and bedrooms.

Scale of furnishings

• There is an art to creating the illusion of large-scale furnishings in a small space. Try incorporating large-scale items that don't take up much floor space — art, console tables, footstools, area rugs and curtains are all perfect contenders since they don't fill a room with their volume.

• The 2/3 proportion is your best friend when layering items in a room. The coffee table should be 2/3 the width of the sofa, the sofa should be 2/3 the width of the rug, and the art should be 2/3 the width of the sofa.

The need for storage

• Storage is a practical need when decorating a small space. Try to incorporate it into every element of your space. Add an extra shelf one foot above floor level in a closet — this will offer up another row of shoe storage. And another shelf at the very top of your closet is great for storing out-of-season clothing.

• Look for furniture that incorporates storage, folds down or offers double-duty to offer flexible alternatives in a smaller space.

Creating a monochromatic colour scheme allows the eye to travel without interruption. A floor mirror helps reflect another window into the room. Oversized Leaning Floor Mirror, $1,100, potterybarn.com

One makes a footrest, two make a bench in the foyer or at the end of a bed. A classic style icon that fits a modern or traditional interior. Hudson's Bay Company Point Blanket Ottoman, $395, thebay.com

Wall-hung shelving and containers help to keep vanity areas organized. Although made for herb gardens, this plant container system is perfect for brushes and other beauty accessories. SOCKER plant pot with holder, $29.99, ikea.ca

Baffling bushy-tailed backyard bandits

They're vermin to some, cunning adversaries to others.

Squirrels have long been a source of fascination and frustration for gardeners and bird enthusiasts engaged in a near-constant battle to keep them away from the nuts and seeds put out for birds.

Greased poles. Loud music. Motion-activated sprinklers. Bill Adler Jr. has heard it all, and tried many.

The 57-year-old humour writer has been collecting tips to keep squirrels from avian meals for three decades, and recently updated his 1988 book, Outwitting Squirrels: 101 Cunning Stratagems to Reduce Dramatically the Egregious Misappropriation of Seed From Your Birdfeeder by Squirrels (Chicago Review Press), for a third edition.

The most important thing to know? While technology has changed, squirrels still have little else to do all day but strategize. And they're good at it.

"There's no one technique that works for everyone," Adler says. Try a few tactics, and be willing to change. Most of all, he says, don't sweat it.

Here are some tips (some serious, some not) from Adler and others to bring a little harmony to your backyard:

A squirrel attempting to eat bird seed on an Eliminator. The squirrel-proof bird feeder protects your bird seed from persistent squirrels via technology that closes the seed ports based on the weight of the intruder standing on the perch ring. WILD BIRDS UNLIMITED/THE ASSOCIATED PRESS

The natural

Resigned to the fact that squirrels are going to call his Washington, D.C., yard home, Adler puts out some unsalted mixed nuts along his steps.

"If you feed them, they will tend to leave the bird feeder alone," he says.

Squirrels also love corn, so if you don't want them invading your feeder, keep your birdseed corn-free.

You can try filling your feeder with safflower seeds, which are high in fat and protein.

The technical

These days, there are motion-activated outdoor cameras if you want to monitor your feeder, and even motion-activated sprinklers to douse offending squirrels.

"Squirrel-proof" bird feeders abound. The best, according to Adler and other experts, are those that sit on a five-foot pole and are covered with a plastic dome or "baffle" that's hard for squirrels to cling to.

If you want to get even more high-tech, there are weight-activated feeders that actually cover up the feeding ports when a squirrel latches on.

THE ASSOCIATED PRESS

Nuts to you

Cray cray ways to drive 'em away

Adler devotes a chapter of his book to his own misadventures with squirrels, dating back to his bachelor days, when he first moved to Washington from New York. Wanting a pet in an apartment building that didn't allow them, Adler invested in a bird feeder.

"The next day I got a squirrel, which was not part of the instructions," he says.

He tried yelling, coated the bricks of his building with Teflon, squirted the squirrel with water, and even rolled out some stainless steel spikes. But nothing worked.

After hearing similar stories from other frustrated bird lovers, Adler decided to pen the first edition of his diatribe against the rodents. Also included in the book are feeder ratings, ways to attract certain birds and 101 "cunning stratagems" to keep squirrels at bay. Some are practical. Most are hilariously ludicrous.

Some of the more entertaining strategies:

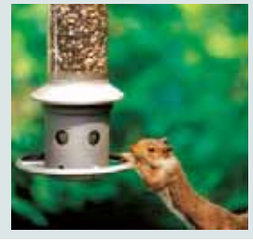
• Dig a moat around your feeder. Fill it with piranha.

• Trap squirrels and send them to Antarctica.

• Encourage your neighbours — and what the heck, your local government — to use drones to monitor and, ahem, deal with squirrels.

• Buy a squirrel costume. Parade around your yard wearing it. Squirrels can't figure out what in the world is going on and it drives them away.

• Buy some lasers and set up a hologram show. Make holograms of cats and hunters. THE ASSOCIATED PRESS



Maintain your home for longevity

A necessary chore. It's important to take the time to inspect your home for deterioration

There's no getting around it: home maintenance is a chore. But the reality is that regular tasks can help extend the longevity of a house and may even defer the need for major repair projects.

Marty Erletz, owner and operator of Victoria's Pillar to Post home inspections, says it's important to take the time to inspect and monitor your home for signs of deterioration.

"A big thing people don't do is inspect their crawl spaces enough," says Erletz. "It isn't a lot of fun going down in a crawl space, but if a homeowner has one, they have to go down there and make sure there is no moisture problem, or leaking plumbing."

Similarly, he says attics need to be looked at for signs of potential roof leaks and moisture around bathroom fan vents.

With the snow melting and weather improving, Erletz says homeowners should be looking at the exterior of their house for peeling paint and sealant.

"It is important to look for any exposed wood," he says. "Especially for places on the West Coast, where we get a lot of rain, it is very important that wood has proper weather protection."

Monitoring the quality and integrity of the sealant around doors and windows, and around the fixtures in bathrooms and kitchens is also necessary to avoid any potential moisture buildup and leakages.

Even though there are some maintenance projects that can be done annually, like checking smoke detector batteries, other tasks need to be tackled regularly over the course of the year.

"A lot of times people aren't up-to-date on the smaller things in their home, such as furnace filters are ignored," Erletz says. "Homeowners don't realize that in the heating season, furnace filters need to be changed every month to keep the furnace working properly and efficiently but also for air quality in the home."

Throughout the year, and life of a home, weather and the people who live in a house can cause a lot of wear and tear.

According to John Davis, owner of Edmonton's Cabin to Castle Home Inspections, homeowners need to be aware of their home and respond to any potential damage or problems.

Davis says during the winter, window screens often get damaged. It's best to replace torn screens before the hot summer months come.

Like Erletz, Davis says there are a lot of small things owners should be aware of to keep the home in the best shape possible.

"Front-load washing machines should be aired out in between washes," says Davis. "If this is not done consistently, mildew and mould can accumulate."

While the list of projects may seem overwhelming, Davis says doing small things once or twice a year can prevent them from building into big problems.

"It is important to take necessary steps to guard homes from the elements," he says. "Keeping all appliances clean and repaired can help you get the most out of them and add to their longevity. All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

Davis says roofs with wooden shakes require regular care and maintenance to be effective at shedding water.

THE CANADIAN PRESS

Quoted

"All the small maintenance tasks can help you avoid big problems in the future. Certain types of homes will require more maintenance than others."

John Davis of Cabin to Castle Home Inspections in Edmonton

Experts say homeowners need to keep their eavestroughs clean to prevent flooding and water damage. MEGAN COLE/ THE CANADIAN PRESS

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Before you nail it down...

Plan your renovation. Experts suggest you consider timing, alternate accommodations

JENNIFER TAPLIN
For Metro

Think about how a renovation will impact a future sale. If there isn't much foreseeable value, then a coat of paint could be the answer. SHUTTERSTOCK

Home renovations, big or small, require a lot of advance planning.

Homeowners need to thoroughly plan and choose what they want for their project before they pick up a phone to call a contractor. Meaghan Riopel with Jameswood Homes in Calgary, said homeowners should pick out the general components of the project and can nail down the specifics with a contractor.

"What are the things you want in your home? These are good to know because it really delays a project if you don't have that decision making," she said.

The timeline varies for each project, but if work needs to be put on hold in order to make additional decisions and planning, it can take a lot longer, she said. Construction season is spring, summer and fall, but Riopel said it doesn't mean it's the best time to hire a contractor. Sometimes winter works best because contractors are less busy and are more available.

"And people should be aware they'll be living in a state of dust and make alternate living arrangements during the renovations or prepare to have their lives upheaved."

The Canada Mortgage and Housing Corporation advises homeowners not to go overboard on renovations unless they plan to stay in their homes for many years. Over time, many renovations can pay for themselves through savings on utility bills as well as adding greater resale value.

Before ripping down walls or ripping up the floor, CMHC says it's a good idea for homeowners to ask themselves how appealing the renovation would be to a buyer in the future. If the answer is not encouraging, paint may be the answer. It's fairly inexpensive, especially compared to new flooring or structural changes, and can give a dramatically different look to the home.

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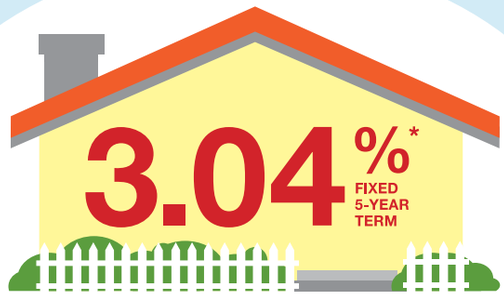

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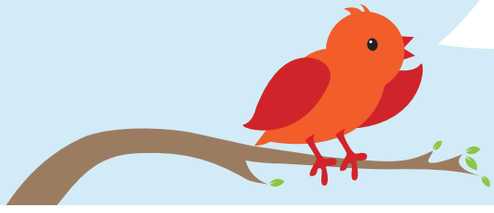

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Canadian superfoods! Julie Daniluk has you covered from coast-to-coast

Barney and the Purple People Eater would surely approve

Hempy Purple Coleslaw. Not only does this dish have the same awesome hue as some memorable characters, it's also delicious and nutritious

"The zip in this recipe is from the tangy sour flavour of the sauerkraut," writes Julie Daniluk in Slimming Meals that Heal. "Look for unpasteurized sauerkraut in your local health food store, as the natural process of fermentation creates beneficial probiotic bacteria.

"I love Ambrosia apples because they are slow to brown when cut and are ideal for salads. Nutty hemp hearts offer the healing benefits of magnesium and omega-3 fatty acids."

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Ingredients

Salad
- 1 cup unpasteurized sauerkraut, drained
- 4 cups finely shredded purple cabbage
- 1/2 cup finely sliced red onion
- 2 organic apples, unpeeled, cored and thinly sliced
- 2 tbsp hemp hearts

Dressing
- 2 tbsp hemp oil
- 2 tbsp sauerkraut liquid
- 1 tsp dried dill weed
- Raw honey, to taste
- 2 tsp pink rock salt or grey sea salt

1. Drain sauerkraut and reserve liquid. Mix together salad ingredients.

2. In a separate bowl, whisk dressing ingredients together.

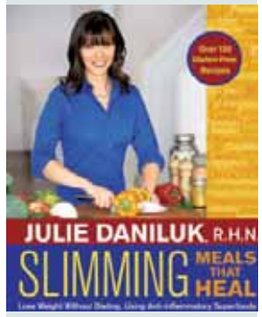
3. Add dressing to salad and combine until salad is evenly coated.

This recipe serves six. JULIE DANILUK

RECIPE EXCERPTED FROM SLIMMING MEALS THAT HEAL BY JULIE DANILUK. IMAGES AND RECIPES © 2014 JULIE DANILUK. EXCERPTED BY PERMISSION OF RANDOM HOUSE CANADA, A DIVISION OF RANDOM HOUSE OF CANADA LTD. ALL RIGHTS RESERVED.

Cookbook of the Week

Eat well, get healthy



Slimming Meals that Heal by Julie Daniluk focuses on the relationship between inflammation, allergies and weight gain.

The release offers 125 recipes that don't require you to count calories and includes information on cleansing the organs, the specific power of superfoods and techniques that directly reduce cravings.

Daniluk has also developed a five-step plan to boost metabolism and balance hormones that lead to holistic weight balance. Dishes include: Skinny Onion Rings, Low-Cal Turkey Chili and more. METRO

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MIND THE APP
Kris Abel
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Linden: GM interviews could begin next week

NHL. Canucks' new president of hockey operations would like to name a GM by late May

CAM TUCKER
cam.tucker@metronews.ca

Trevor Linden's search to find the Vancouver Canucks a new general manager appears to be entering its next phase, and it also sounds as if the successful candidate will decide on the future of head coach John Tortorella.

Linden, crowned as the Canucks' new president of hockey operations earlier this month, spoke on the Tim & Sid Show on Sportsnet 590 The Fan on Wednesday.

He said he would like to have a new GM in place by the end of May, but suggested the hire could come in early June.

The first round of the NHL Draft is scheduled for June 27, and the Canucks, after missing the playoffs following a disastrous collapse from January through to April, have the sixth overall pick.

Trevor Linden
GETTY IMAGES

The interviews will begin a lot sooner.

"I will start in the interview process probably next week and I'm really happy with the list I've put together," he said.

Linden declined to say how many names were on his list of candidates.

The curiosity about who will take the job has been growing since April 8, when former Canucks GM Mike Gillis was fired. The next day, Linden was hired, despite a lack of experience on the management side since he retired as a player in 2008.

Eyebrows have been raised about the lack of grandiose moves or announcements since Linden took the job. Tortorella, who has been at the epicentre of speculation about his future with the club after a difficult first season, still remains the coach — for now, anyway.

Linden told Fan 590 that Tortorella has not been apprised of the search for a new GM.

Whoever the successful candidate is — Bruins assistant general manager Jim Benning has garnered the most outside attention as a possible candidate — it sounds like that person will make the decision on Tortorella.

"Obviously a new manager needs to come in, have the ability to have some autonomy and make decisions," said Linden.

NHL playoffs

L.A. caps comeback

Anze Kopitar scored the tiebreaking goal late in the second period and Jonathan Quick made 39 saves to cap the Los Angeles Kings' historic comeback from three games down with a 5-1 victory over the San Jose Sharks in Game 7 of their first-round series Wednesday night. THE ASSOCIATED PRESS

NHL playoffs

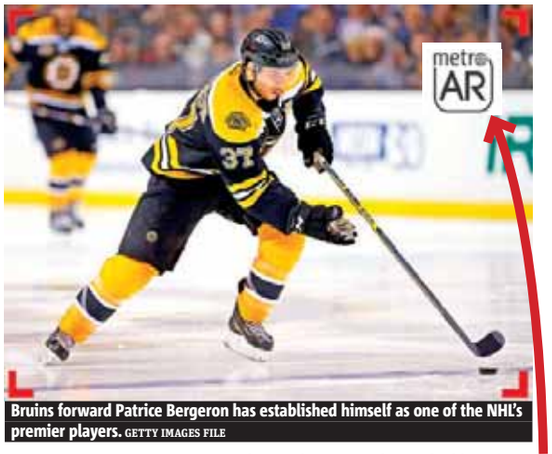
Wild win, Avs out

Nino Niederreiter scored his second goal at 5:02 in overtime and Ilya Bryzgalov made a big save filling in for an injured Darcy Kuemper, leading the Minnesota Wild to a 5-4 win over the Colorado Avalanche in Game 7 on Wednesday. THE ASSOCIATED PRESS

Toronto ready to Rap it up in Brooklyn

Raptors guard Kyle Lowry celebrates a three-point buzzer-beater with Greivis Vasquez to end the second quarter on Wednesday in Toronto. Lowry poured in 36 points to lift Toronto to a nailbiting 115-113 victory over the Brooklyn Nets on Wednesday, giving the Raptors a 3-2 lead in their best-of-seven playoff series. DeMar DeRozan added 23 points, while Joe Johnson led the Nets with 30 points. The Raptors controlled most of the game and led by as many as 26 point in the second half. The series heads back to Brooklyn's Barclays Center for Game 6 on Friday.

FRANK GUNN/THE CANADIAN PRESS



Bruins forward Patrice Bergeron has established himself as one of the NHL's premier players. GETTY IMAGES FILE

Who are the most underrated athletes in team sports? Scan this image with your Metro News app to see some of our picks.

No longer NHL's best-kept secret

Patrice Bergeron started earning acclaim for his defensive game four seasons ago when he was a legitimate Selke Trophy candidate for the first time.

It has taken longer for Bergeron to be appreciated as one of the best all-around players in the NHL. Maybe it started during the Boston Bruins' 2011 Stanley Cup run or last year's trip to the final, but after playing a major role in Team Canada's gold-medal performance at the Sochi Olympics, the 28-year-old is surely considered among hockey's elite centres.

"I think what he's done is he opened a lot of people's eyes," Boston coach Claude Julien said. "I know at his first Olympics he didn't have ... to do what he did. The last one I think people realized how good he is."

Rivals meet again

34

The Canadiens and Bruins will face each other in the post-season for a record 34th time when their NHL Eastern Conference semifinal opens Thursday night in Boston.

Statistically, Bergeron had just two assists in six games, but the Quebec City native shifted from a fourth-line centre role to right-wing alongside Sidney Crosby and never missed a beat. His nearly flawless play wasn't a revelation as much as it underscored his growth from the 2010 Games in Vancouver, where he was the 13th forward.

This season, Bergeron was downright dominant at times with 62 points in 80 games, a league-best plus-38 rating and a 58.6 per cent success rate in the faceoff circle. THE CANADIAN PRESS

4 SPORTS

Today	Friday
19°/12° Partly cloudy	17°/11° Partly cloudy

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

LANDMARK MATCH-UP

Match the famous U.S. landmark to the city it's located in.

1. The Rock and Roll Hall of Fame Museum	**A.** St. Louis
2. Willis Tower	**B.** Keystone
3. The Gateway Arch	**C.** Detroit
4. The Henry Ford Museum	**D.** Cleveland
5. Mount Rushmore	**E.** Chicago

ANSWERS: 1. D; 2. E; 3. A; 4. C; 5. B

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2						7	
	5	6		8		2	1	
9			2		3			6
		7	6		8	1		
		9	4		5	3		
3			7		1			8
	8	2		9		4	5	
	4						3	

Yesterday's Sudoku

6	4	1	9	3	7	5	8	2
3	5	9	8	2	1	6	7	4
7	2	8	4	5	6	1	9	3
1	7	3	5	6	4	9	2	8
2	6	4	1	8	9	3	5	7
8	9	5	3	7	2	4	1	6
4	3	7	2	9	5	8	6	1
5	8	6	7	1	3	2	4	9
9	1	2	6	4	8	7	3	5

Horoscopes

♈ Aries
March 21 - April 20
You have taken on a lot of new tasks in recent weeks and could probably do with some help. Others will come to your assistance and share the load if you ask them but you must make it worth their while. What's in it for them?

♉ Taurus
April 21 - May 21
Make sure you know what is expected of you before backing a plan that will take up a lot of your time and energy. And make sure there's a timetable.

♊ Gemini
May 22 - June 21
If others want to make an issue of things that are of no significance to you then you have no choice but walk away. The last thing a big-brained thinker like you needs is small-minded people around.

♋ Cancer
June 22 - July 23
There is a danger that you will try to make the facts fit your assumptions — and if you do the consequences could be dire. Strive to see life as it is, not as you wish it might be. Then you can make a difference.

♌ Leo
July 24 - Aug. 23
If your goal is as far away as ever, perhaps you should take it as a sign that something is wrong. It's not too late to change course — only your ego is holding you back.

♍ Virgo
Aug. 24 - Sept. 23
The planets are in your favour at the moment and no doubt you fear nothing, but you still need to be careful. Don't push your luck and don't push yourself beyond your natural limits, no matter what the potential rewards might be.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with courage and confidence but other aspects warn you can't do it all on your own. You need to rediscover the joys of being a team player, of how good it feels to share success with other people.

♏ Scorpio
Oct. 24 - Nov. 22
You have never been one for small talk and what others are wittering on about no doubt bores you to tears. Ignore them and focus your attention on what is important to you, even if no one else seems to agree. Rise above petty things.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to say only nice things about friends and colleagues, because if you make your true feelings known it will cause you all sorts of problems. That applies doubly on the work front, no matter how much you may despise certain people.

♑ Capricorn
Dec. 22 - Jan. 20
You seem reluctant to take advantage of an opportunity most people would give their right arm for. Yes, it could go wrong but it could also go stunningly right. Unless you try, you won't know.

♒ Aquarius
Jan. 21 - Feb. 19
You appear to believe that your feelings for a certain person are a one-way street but that is far from the truth. They care as much for you as you do for them but, for the moment at least, they've got other things to worry about. Be patient.

♓ Pisces
Feb. 20 - March 20
You will discover something about a friend or loved one that surprises you today – which just goes to show you can never be sure you really know another person. Resist the urge to pry – leave them secrets to enjoy. **SALLY BROMPTON**

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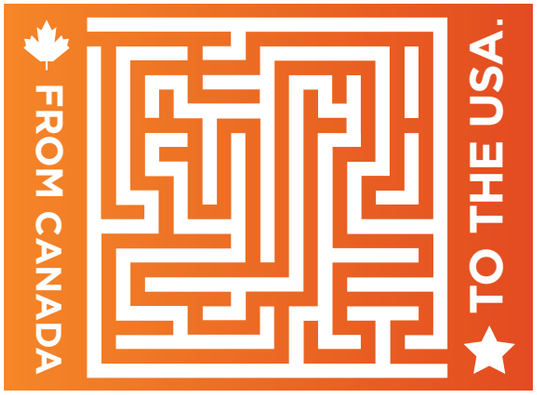
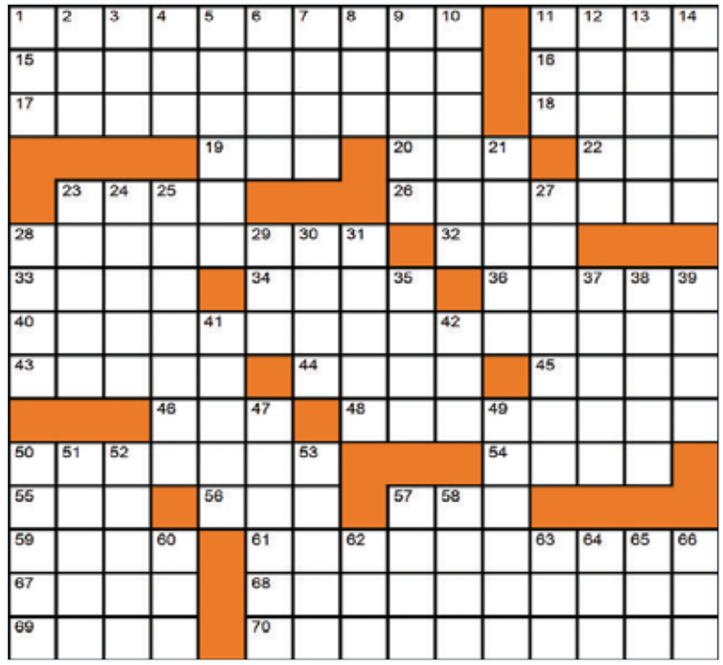


Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Blue Rodeo song that starts "They met in a hurricane...": number + 3 wds.
11. Pod vegetable
15. __-__ suit
16. Fear: French
17. Intolerance inciter
18. William H. __ (27th US President)
19. 'Stock' suffix
20. Aussie hopper
22. Rapa __ (Easter Island)
23. Aurora
26. Overcast
28. PM = Prime __
32. __ _ degree
33. Worldwide [abbr.]
34. Fertilizer ingredient
36. Single
40. Tummy tuck, for example: 2 wds.
43. Heretofore: 2 wds.
44. Line giver
45. W Network's "Come __ with Me Canada"
46. Cleaning item
48. Bespoke
50. Where to put carrots and potatoes as common ingredients: 3 wds.
54. Conjunctions
55. Bo Derek's number
56. "Hush."
57. Wk. word
59. __-__-date
61. Winnipeg: James Armstrong __ International Airport
67. Reshmi __, CBC journalist
68. Cheeky
69. Plus
70. Expands Earthy-ly

Down

1. "Up, Up and Away" by The __ Dimension
2. Omega-3 fatty acid, e.g.
3. __ gallery
4. "__-haw!"
5. Saskatchewan agricultural village an hour north of Regina
6. Apple music player
7. Eleven - Two's answer
8. Ms. Tilly
9. Great tennis servers
10. Ump's call, "__, __!"
11. Decide
12. "Higher than the Sun" British band
13. Mr. Wainwright
14. MGM's motto, Ars Gratia __
21. "Tin soldiers and Nixon coming / We're finally __ __ own." - Neil Young, "Ohio"
23. Ancient animals [abbr.]
24. Nervous
25. Mr. Valderrama's
27. Robert __, Harvard University symbologist in "The Da Vinci Code" (2006)
28. Isinglass
29. "King __": Steve Martin's vintage SNL tune
30. __ Blair (Pen name, George Orwell, b.1903 - d.1950)
31. Like an edited-some-more movie
35. Cruising
37. Bizarre
38. Coastal flappers, variantly
39. Faux-hued
41. Les __-Unis (USA)
42. William Tell's canton
47. Baseball legend, Lou __ (b.1903 - d.1941)
49. Hardy's comedy pal
50. Saskatchewan town northeast of Regina
51. Kathmandu is its capital
52. Motion foes
53. Spin
57. "Love Shack" by __ _-52's
58. Hebrew folk song: "__ Nagila"
60. Gold: Spanish
62. __-Magnon Man
63. Antiperspirant, Soft & __
64. Casually utters
65. ...three, two, __...
66. Nocturnal periods, briefly

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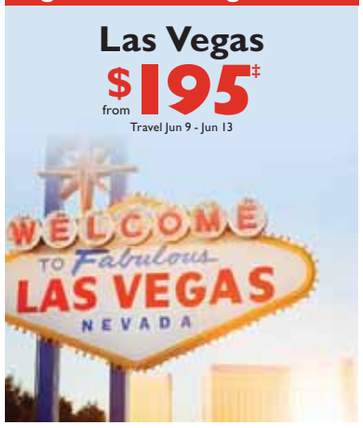

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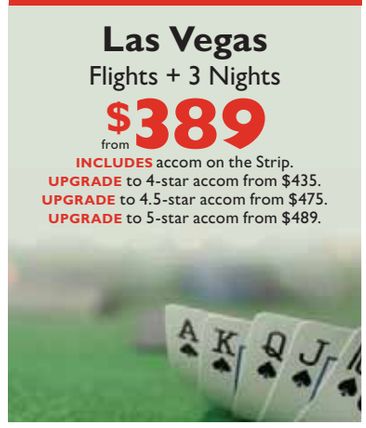
USA



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